PROTECT YOUR STRONGEST WEAPON

DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

DEFENSE AND VETERANS BRAIN INJURY CENTER

HEADS UP:

FIVE THINGS YOU NEED TO KNOW ABOUT CONCUSSION

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March 2010

Agenda

- A Concussion is a Brain Injury
- Report It
- Get Checked Out
- Rest
- Return to Duty

#1
A CONCUSSION IS A BRAIN INJURY

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A Concussion is a Brain Injury:

- Concussion is also known as a mild traumatic brain injury
- In many cases a concussion can be prevented or chances of a more severe brain injury reduced
- Caused by a blow or jolt to the head
- In combat zones, the leading cause is blast and its associated effects
  - Exposure to the blast wave
  - Potential injury from flying debris or fragments
  - Collision with objects after being thrown by the explosion
- Can temporarily change the way your brain works
- Can occur even if you haven't been knocked out

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#2

REPORT IT

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Report It:

- If you felt
  - Dazed and/or confused
  - Disoriented
  - Dizzy, saw stars
- If you lost consciousness
- If [illegible]ulty re[illegible]e ev[illegible]

Report It:

It's still important to report it even if you don't have symptoms

- If you sustained a blow or jolt to the head
- If you hit your head
- If you were exposed to a blast
- If you were in a vehicle that sustained damage

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#3

GET CHECKED OUT

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Get Checked Out:

- Go to medical
  - Medic/Corpsman
  - Nurse
  - Nurse Practitioner (NP)
  - Physician Assistant (PA)
  - Physician (MD)

- Health care providers are the only ones who can determine if you have had a concussion

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#4

REST

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Rest:

After a concussion, in general:

- Allow for plenty of sleep at night
- Maximize downtime during the day
- Return to normal activities gradually
- Until you are better, avoid activities such as contact or recreational sports or other activities that might put you at risk for another concussion

**Your health care provider will*

#5

RETURN TO DUTY

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Return to Duty:

- Symptoms of concussion almost always improve over 1 to 3 months
- Majority of symptoms resolve within hours to days

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The cost of a nursing education = $100K

Training for an International Health Specialist = $225K

The cost of a Kevlar helmet = $975.00

Wearing your helmet backwards in a combat zone.....

PRICELESS!

RESOURCES

- Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury www.dcoe.health.mil
- Defense and Veterans Brain Injury Center www.dvbic.org
- Center for Medical Education and Multimedia www.traumaticbraininjuryatoz.org

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QUESTIONS?

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